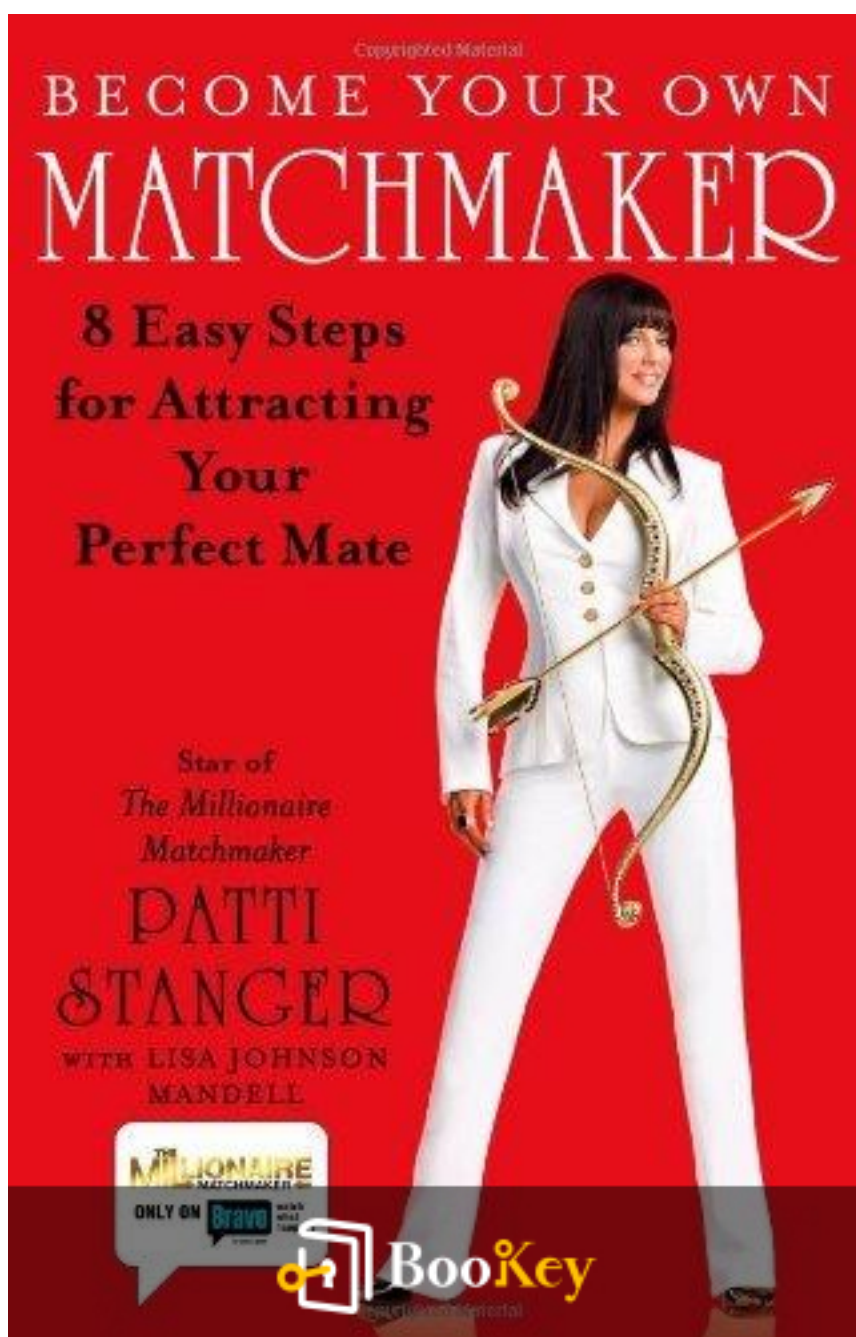


# Become Your Own Matchmaker PDF (Limited Copy)

Patti Stanger



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# **Become Your Own Matchmaker Summary**

Find love by mastering your own dating journey.

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## About the book

In "Become Your Own Matchmaker," renowned relationship expert Patti Stanger empowers singles to take the reins of their love lives with confidence and savvy. Drawing from her rich experience as the star of the hit reality show "The Millionaire Matchmaker," Stanger combines practical strategies, insightful advice, and a dash of tough love to help readers identify their ideal partners and create meaningful connections. This guide isn't just about finding love; it's about transforming yourself into the kind of person who attracts it. Whether you're tired of unfulfilling dates or simply ready to embrace a new chapter, this book offers a roadmap to not just seek love, but to master the art of matchmaking yourself and, ultimately, unlocking the healthiest, happiest relationship you've ever known. Dive in, unleash your inner matchmaker, and discover how to turn your romantic dreams into reality!

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## About the author

Patti Stanger is a prominent television personality and matchmaker best known for her role as the star of the hit reality show "The Millionaire Matchmaker," where she showcased her expertise in love and relationships while helping affluent clients find lasting romance. With a unique blend of humor, tough love, and unwavering confidence, Stanger has made a name for herself as a sought-after relationship expert, offering invaluable advice to singles seeking love in today's fast-paced world. Armed with her own experiences and a deep understanding of the complexities of dating, she founded her own matchmaking service, which has successfully paired numerous couples. Through her books, including "Become Your Own Matchmaker," she empowers individuals to take control of their romantic lives and navigate the dating scene with intention and clarity.

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# Summary Content List

Chapter 1: STEP ONE Dating Detox

Chapter 2: STEP TWO Mirror, Mirror

Chapter 3: STEP THREE Make Your Own Matchmaking Map

Chapter 4: STEP FOUR Qualifying the Buyer

Chapter 5: STEP FIVE Adventures in Dating

Chapter 6: STEP SIX First Days of Infatuation

Chapter 7: STEP SEVEN Relationship Reality Check

Chapter 8: STEP EIGHT Negotiating the Ring

Chapter 9: Conclusion

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# Chapter 1 Summary: STEP ONE Dating Detox

## ### Step One: Dating Detox

In the journey of dating and relationships, many women find themselves facing challenges such as breakups, disastrous dates, or simply feeling stuck as a "one-date wonder." If you resonate with any of these scenarios, the first step towards rejuvenation is undergoing a phase I like to call Dating Detox. This period is all about self-discovery and self-care, where you indulge yourself and take a pause from dating altogether.

During Dating Detox, focus solely on what makes you happy—it's crucial that this time is devoted only to you, without the pressures imposed by men, family, or friends. Reflect on what type of relationship you desire and reconnect with your softer, feminine side. Strikingly, it's often during this phase that potential suitors start to surface as if they sense your newfound confidence and independence. However, remember that now is not the time to date; instead, think of yourself as a fine dining experience—you're worth the wait.

The duration of this detox phase should last between thirty to ninety days, depending on the length of your previous relationship. Use this time to cultivate happiness, as a cheerful woman becomes more attractive,

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resonating with the truth of the law of attraction—like attracts like.

Let go of past grievances, including any lingering resentment towards former partners. This is essential; men are instinctively drawn to positivity. Positive self-image and forgiveness are keys to successful future relationships. Many women carry emotional baggage from past relationships, but now is the time to focus on your personal growth. Consider seeking therapy if necessary, ensuring you choose someone truly aligned with your needs.

Beware of the "Bitter Woman" mentality, which can cloud your judgment and repel future partners. During Dating Detox, actively foster a loving attitude towards men and affection for their qualities, acknowledging that you cannot change them. Accept the learning process from previous relationships and adopt an optimistic outlook on the excellence yet to come.

As this chapter progresses, explore what truly brings you joy. Make a list of simple pleasures—from reading to creative hobbies—and focus on indulging in them daily. While detoxing, clear your space of items linked to past relationships; you're creating room for fresh energy and future opportunities. This purging isn't just emotional—it's about physical space, which allows you to attract new possibilities, just as a clutter-free environment attracts freshness.

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Engage in regular fitness routines that energize you. The happier and more active you are, the more appealing you become. Whether through yoga, running, or dance, find what you love, and integrate it into your pleased self.

Finally, you must learn how to please yourself before considering how others can please you. Remember, during this phase, **you are the prize**, and any partner must genuinely appreciate you. Embrace singlehood not as loneliness, but as a delightful opportunity to explore who you are.

### ### Step Two: Mirror, Mirror

Step Two transitions to self-examination, focusing on enhancing your exterior to reflect the inner beauty cultivated during Dating Detox. This is where self-confidence meets practicality, and while my feedback may seem blunt, it's anchored in the wisdom gathered from years of matchmaking—facing the hard truths is essential.

Firstly, consider your physical appearance—what you display is what potential partners will first respond to. Men often assess a woman's appeal based on her “packaging,” and though it may feel harsh, it is a reflection of societal norms. Assess your hairstyle, as men generally prefer longer, flowing locks over short styles which can give off a different vibe. Strive for a hairstyle that is well-kept and adaptable, including potentially investing in

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extensions.

Next up is your smile; it's vital to have bright, well-cared-for teeth. Invest in dental care to maintain an inviting smile, which can be more captivating than physical attributes alone. Complement this with healthy lips, showcasing a natural look that enhances without overwhelming.

As for makeup, less is often more. Eschew heavy foundation for a natural glow, opting for a few key products to highlight your features. A great skincare routine will set the stage for any makeup application, ensuring you always present your best.

Your body, an extension of self-love, should be treated equally. Embrace your unique shape—whether curvy or slim—and focus on fitness that makes you feel empowered. Characterizing fitness not merely as a means to an end, but as a partnership with your body, allows you to enhance your appeal while cultivating an enjoyable routine.

Understanding your body's proportions can be beneficial, particularly the pristine waist-to-hip ratios many men find attractive. Find ways to enhance your natural curves with well-tailored clothing.

Shopping is a crucial element of this step; seek out a wardrobe that reflects your new vitality. Enlist the help of a single, straight male friend to ensure

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the choices you make are appealing from a male perspective, and invest in outfits that enhance your femininity—think vibrant colors, flattering fits, and the essential stiletto heel.

As you navigate your fashion choices, remember that sexy is not merely a look but an attitude. Cultivating confidence and embracing your sensuality will ensure you not only look good, but feel fantastic about yourself.

Acknowledge your unique strengths, and identify which “type” of allure resonates most with you, whether that’s cute and perky, the girl next door, a sexpot, or something exotic.

Lastly, make sure you have tricks up your sleeve to instantly boost your desirability when needed, from a beauty regimen to carrying confidence in how you present yourself. Revel in your femininity; the energy you radiate often supersedes even the best dress. You're now prepared to attract the man of your dreams, who will be captivated by your stunning presence, enhanced by a true sense of self-worth and beauty.

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## Chapter 2 Summary: STEP TWO Mirror, Mirror

### Step Two: Mirror, Mirror

In this chapter, the focus is on self-reflection and preparing oneself for successful dating. Drawing from her experience as a matchmaker on "Millionaire Matchmaker," the author, aware of her direct and sometimes harsh approach, encourages readers to be open to constructive criticism to improve their dating prospects. This involves taking a good look at both inner and outer selves to enhance attractiveness and confidence.

#### ### What's on the Outside Matters

The author emphasizes the importance of appearance, stating that the initial impression is crucial in attracting men. She introduces the term "fuckability factor" to explain how men's attraction can often hinge on physical attributes. She assures readers that her advice is based on extensive feedback from men, emphasizing the necessity of improving both look and demeanor.

#### Key Areas of Improvement:

- **Hair:** Men favor long hair, associating it with femininity, and tend to overlook women with short or unkempt styles. The author also advises against red hair unless it suits the individual perfectly.

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- **Teeth:** A white, attractive smile is essential and can often draw more attention than other physical attributes. Investing in dental care is highly recommended.
- **Lips & Makeup:** The focus should be on enhancing natural beauty. While big, luscious lips are desirable, excessive lipstick and dramatic makeup are discouraged—simplicity reigns, as most men prefer a more natural look.
- **Skincare:** Healthy skin is fundamental to looking good. The author recommends consulting dermatologists for personalized skincare regimens and emphasizes regular self-care routines.
- **Body Image:** The author acknowledges the absurdity of societal standards, suggesting that exercise and nutrition are key to feeling confident in one's body. She promotes a healthy lifestyle, pairing exercise with mindful eating.

### ### Embracing Your Shape

Weight isn't the sole factor in attractiveness; instead, body proportion matters. The author mentions that an ideal waist-to-hip ratio can boost perceived attractiveness regardless of actual size.

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### ### Shapewear and Confidence

The chapter promotes the use of shapewear to enhance confidence and appearance. Understanding the importance of feeling good in one's clothes, she encourages its use to smooth out bodylines and make outfits flattering.

### ### Shopping Spree

Readers are urged to reinvent their wardrobes by purchasing attire that enhances their confidence and feminine allure. The author suggests shopping with a straight male friend for honest feedback rather than relying on family or friends who may not be objective.

### ### Finding Your Inner Sexy

To attract the right kind of attention, women must tap into their inherent sexiness, regardless of body type. The author identifies various seductive archetypes (e.g., the Girl Next Door, Sexpot) and encourages readers to embrace their unique styles confidently.

### ### Tips for Attractiveness

To maximize appeal, the author offers quick fixes to feel sexy before going out, such as grooming, dancing, and donning attractive lingerie. Moreover, she emphasizes the need to carry oneself confidently and to practice subtle flirting, like the “five-second flirt.”

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## Step Three: Make Your Own Matchmaking Map

This step emphasizes strategic location and social dynamics for finding a partner, drawing parallels between matchmaking and real estate.

### ### Finding the Right Location

The author stresses the significance of geography, drawing from studies that show where singles congregate. She provides data on cities with favorable male-to-female ratios, highlighting cities where women are most likely to find potential partners.

#### **Cities with a Favorable Ratio:**

- **Males Outnumbering Females:** Los Angeles, San Francisco, Seattle, Las Vegas, Dallas, and Austin.
- **Females Outnumbering Males:** New York, Atlanta, and Philadelphia are highlighted as less favorable for singles seeking long-term relationships.

### ### Smart Time Management

Utilizing time efficiently in the dating process involves balancing online dating, leveraging personal contacts, and connecting in nightlife. The author breaks down these three channels:

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1. **Online Dating:** The chapter emphasizes honesty in profiles and suggests that women should allow men to make the first move to preserve the excitement of the chase.

2. **Personal Contacts:** Meeting through friends and acquaintances is often the safest and most reliable approach to dating. The author encourages readers to seek introductions through mutual friends and to hold onto Bio Cards, a unique tool for sharing information with potential matches.

3. **Going Out:** Actively seeking opportunities to meet men by going to places where they gather is essential. The author notes the importance of attending events alone, reducing the intimidation factor for men and maximizing visibility.

### ### Effective Approaches to Meeting Men

The chapter provides an extensive overview of the types of places that are ripe for meeting eligible singles:

- **Sports Bars:** Men primarily go with friends, making it easier for women to engage in conversation.
- **Professional Sporting Events:** These gatherings are male-dominated, offering a rich pool of potential partners.
- **Steak Houses & Driving Ranges:** Upscale venues tend to attract men

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looking for quality dining and leisure activities, creating opportunities for women to mingle.

- **Dance Clubs:** Classes foster interaction in a fun environment.

### ### Avoiding Common Pitfalls

Conversely, the book warns against seeking romance in places like coffee shops, gyms, and spiritual workshops, which typically yield fewer eligible men.

In conclusion, the chapters guide readers through a transformative journey of self-exploration and tactical social engagement, providing tools and strategies to enhance their attractiveness and find meaningful connections. By embracing personal strengths and focusing on strategic social locations, women can increase their chances of finding a compatible partner. The next steps will focus on qualifying potential matches and determining compatibility.

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## Critical Thinking

**Key Point:** Self-reflection and preparation are keys to successful dating.

**Critical Interpretation:** Imagine standing in front of a mirror, not just seeing your reflection but actually recognizing the beauty and potential within. This chapter inspires you to engage in self-reflection, urging you to understand and embrace who you are both inside and out. By investing time in improving your appearance and self-confidence, you open the door to attract the right kind of partner. This transformative journey is not merely about looks, but about honoring your uniqueness and enhancing your self-worth. It's a call to take charge of your narrative in dating, ensuring that you present your best self while also cultivating genuine self-acceptance.

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## Chapter 3 Summary: STEP THREE Make Your Own Matchmaking Map

### ### Step Three: Make Your Own Matchmaking Map

In the journey to find your perfect match, consider the three pivotal factors—similar to the mantra in real estate: location, location, location. Understanding where single men gather is essential, as is recognizing areas where competition is less fierce. The Millionaire’s Club, with its international scope, provides valuable insights into the geography of love, revealing hotspots for commitment and those where men are less inclined to settle down.

Geographically, the landscape of singles is not as dire as it seems; in the U.S., there are only about 6% more single women than men. With around 25.4 million single men aged 25 to 54, the real focus should be on the concentrations of these men in various cities. According to a Singles Map published by the Boston Globe, cities like Los Angeles, San Francisco, Seattle, and Dallas boast a notable surplus of single men. However, Southern California, especially LA, can be misleading; the region's men may prioritize physical beauty over meaningful connections, leading to a transient dating culture. Cities such as New York, where single women outnumber men significantly, may not be the best hunting ground for serious relationships.

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When searching for love, be strategic. Just as a good investment portfolio spreads risk, your matchmaking efforts should be diversified across three avenues:

1. **Online Dating:** Embrace technology, creating an engaging profile and casting a wide net. Don't be deterred if interest isn't immediate; online dating should be enjoyable, not burdensome.
2. **Personal Contacts:** Networking through friends, family, and professional matchmakers can introduce you to vetted candidates. Having personal connections adds a layer of safety and accountability.
3. **Out and About:** Actively seek out places where eligible men congregate, whether bars, events, or social gatherings.

### ### Doing Fine Online

Online dating mirrors job hunting; approach it with honesty and a polished presentation. Craft a captivating profile that highlights your strengths and allows him to come to you—men generally prefer being the hunters. Your photo is crucial; invest in professional photography, as visuals significantly influence initial attraction. A genuine smile accompanied by approachable attire can make all the difference.

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When writing your profile, favor an engaging screen name and highlight your uniqueness without appearing desperate. Frame your search for a partner subtly, expressing a desire for companionship rather than desperation for marriage. Be honest in your portrayal; misrepresentations can lead to awkward confrontations later.

After posting your profile, expect an influx of messages—this is your time to engage! However, quickly filter out undesirable candidates by focusing on their responses and intentions. Seek to meet in comfortable, public spaces that foster genuine connection, avoiding overly casual settings like coffee shops.

### ### Personal Contacts

Harnessing personal networks is one of the most effective methods of meeting potential partners. Friends and family can introduce you to attractive candidates while providing valuable insights on their character. Actively seeking referrals can also yield surprising results; be prepared with Bio Cards featuring a picture and your information.

Engaging with services like matchmakers can also be beneficial. They provide a curated experience, taking the pressure off your search and vetting candidates beforehand. When seeking a matchmaker, investigate their

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reputation, duration in business, and client testimonials to ensure you're investing wisely.

### ### Out and About

Proactively seeking out single men means stepping out of your comfort zone. Frequent locales where men gather, from sports bars to charity events. The key is to go alone; groups of women can be intimidating to men. Engaging in activities that interest you will not only elevate your chances of finding a match but also help you feel confident in your pursuit.

The Five-Second Flirt is a charming technique to catch a man's attention. Give a radiant smile and hold eye contact for five seconds—then look away. This incites curiosity, prompting him to approach.

### ### Conclusion

With a clear understanding of where to find men and how to engage with them, you can begin your quest for love more strategically. Preparing yourself with a matchmaking map of sorts will not only save time but also ensure that you meet quality candidates who align with your relationship goals. As you step into this journey, remember to take your time and enjoy the experience—finding the right partner can ultimately lead to a fulfilling and lasting relationship.

Step	Description
1. Matchmaking Map	Identify locations where single men gather and areas with less competition; understand the geography of singles to strategize dating efforts.
2. Diverse Approach	Use three avenues for matchmaking: online dating, personal contacts, and going out to social events where eligible men are likely to be found.
3. Online Dating	Create an engaging profile that highlights strengths; invest in professional photos and approach with honesty while being patient for responses.
4. Personal Contacts	Leverage networks of friends and family; consider using matchmakers for a curated search experience and ensure you research their reputation.
5. Out and About	Proactively visit places where men gather, go alone to avoid intimidation, and use techniques like the "Five-Second Flirt" to attract attention.
Conclusion	With a clear plan and understanding of engagement strategies, approach the search for love methodically, taking time to enjoy the journey towards finding a lasting partner.

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## Chapter 4: STEP FOUR Qualifying the Buyer

### Summary of Chapters: Qualifying the Buyer & Adventures in Dating

### Qualifying the Buyer

Finding the right partner, akin to selecting the perfect pair of shoes, requires careful consideration and patience. Taking the time to understand what you want in a potential spouse is crucial to avoid the pitfall of choosing someone based solely on superficial attractiveness or societal pressure. The author emphasizes the importance of not rushing into relationships, especially not basing decisions on outdated notions about marriage age. Women should prequalify prospective partners, akin to how real estate agents gauge potential homebuyers, by asking pertinent questions about their readiness for commitment and lifestyle expectations, without being overtly interrogative.

The narrative underlines the reality that many people—like the author and her friends—find true love later in life, debunking the myth of needing to secure a partner by a certain age. It highlights successful celebrity marriages that occurred post-forty as examples of waiting for the right fit. The chapter shifts to practical advice on recognizing “red flags” and “green lights” in potential partners through hypothetical profiles of various archetypes,

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including the commitment-averse “Peter the Plotter” and the vibrant, marriage-focused “Quinton the Qualifier.”

Qualifying the partner also relates to ensuring that their goals and values align with yours, emphasized by the warning not to fall for someone who is not ready for commitment. The author recounts cautionary tales of women who failed to effectively qualify their partners and the consequences of ignoring obvious signs.

Finally, readers are encouraged to create lists of deal breakers and must-have characteristics, emphasizing that non-negotiable qualities should be clearly defined and adhered to in order to avoid heartbreak. The distinction made for women over forty is especially poignant, as it encourages them to embrace their dating journey without succumbing to societal expectations, advising them to explore relationships with older men who are often more secure and ready for partnership.

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## **Adventures in Dating**

The author's candid confession about her disdain for dating sets the stage for a reflective discussion on the process. While she acknowledges the inherent

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difficulties in dating, she emphasizes the importance of making it fun and eliciting valuable experiences, dubbed “Dating Data,” from each encounter. The narrative suggests creating a wish list of enjoyable activities and dining options to ensure that at least some enjoyment is derived, even from less satisfying dates.

Practical advice leads to cultivating a positive dating mindset, where learning and experience take precedence over mere romantic success. The author introduces the “4:1 Rule,” encouraging women to reciprocate kindness after being taken out multiple times, fostering a balanced dynamic in early dating.

She highlights specific conversational strategies and topics to avoid—like past relationships, finances, and controversial subjects—to maintain engagement without scaring off potential partners. By navigating conversations thoughtfully, women can create a positive impression and build rapport.

The concept of maintaining a “Pair and a Spare” within the dating landscape is introduced, emphasizing the value of having different types of men in your life during the dating process. This tactic alleviates pressure and ensures a broader perspective as you explore potential long-term partners. The chapter reinforces the idea that successful dating involves cultivating authentic connections without losing one’s sense of self or making

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premature judgments.

The "Ten Commandments of Dating" serve as concrete guidelines to ensure women navigate the dating world effectively. These cover everything from maintaining prompt communication and commitments to acting with grace and exclusivity, all aimed at fostering genuine connections and mutual respect.

Ultimately, while the dating scene can be daunting, the message remains clear: patience, preparation, and positivity can lead to discovering a meaningful and lasting relationship.

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# Chapter 5 Summary: STEP FIVE Adventures in Dating

## STEP FIVE: Adventures in Dating

In this chapter, the author shares a candid approach to the world of dating, revealing that they harbor a deep dislike for it. They argue, however, that learning to cope with and even enjoy dating can lead to finding a meaningful, long-term relationship. The narrative contrasts the author's experiences with those of Lisa, a friend who adored dating but struggled to find serious relationships due to her thrill-seeking nature. Lisa ultimately found a compatible partner later in life after stepping outside her dating comfort zone, which the author refers to as "Shaking the Tree."

The chapter emphasizes that dating is largely a numbers game: the more people you meet, the better your chances of finding a match. It acknowledges the exhaustion stemming from modern life's demands, such as work and social commitments but encourages readers to glean enjoyment from the dating process, ensuring that every date offers learning opportunities—collectively referred to as "Dating Data."

A practical exercise is introduced, where readers are prompted to create a "dating wish list" of activities and restaurants they've always wanted to try. This not only prepares them to suggest fun ideas during dates but also

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positions them to leave every outing with new experiences.

The author introduces the "4:1 Rule," which advises that after four dates initiated by a man, a woman should reciprocate in non-monetary ways to maintain balance in the relationship dynamics. It is emphasized that women should not financially outlay more than men during the early stages of dating to uphold traditional gender roles.

Next, the chapter outlines various "Dating Do's and Don'ts," highlighting topics to avoid to maintain intrigue and excitement: past relationships, money matters, and personal issues such as health and parenting. Instead, engaging and positive conversation topics are encouraged. The chapter also considers Cool Speak—common phrases that undermine interest—and warns against revealing too much personal information prematurely.

A valuable dating strategy is presented through the concept of having a "Pair and a Spare." This encourages dating multiple people to maintain perspective and to avoid over-investment in any one person too soon.

The section concludes with a poignant discussion about navigating the early stages of a relationship, advising against intimacy without commitment and stressing the importance of open communication about boundaries. The chapter serves as both a practical guide and a reflective narrative on the complexities of love and attraction.

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## **STEP SIX: First Days of Infatuation**

The beginning of a romantic relationship is characterized by both exhilarating highs and challenging lows. Often dubbed the "first ninety days," this period tests the boundaries of budding infatuation as emotions and hormones run rampant. It's a time for both partners to evaluate their level of compatibility and decide if they wish to pursue an exclusive relationship. The author emphasizes the importance of striking a balance between enjoying the exhilarating rush of new love while maintaining the clarity needed to assess the relationship's viability.

During this initial phase, it's crucial for women to prioritize their partner's needs without neglecting their own lives and commitments. The chapter warns of the danger of becoming overly engrossed in the relationship at the expense of one's own interests and friendships, highlighting that many women fall into the trap of making themselves too available, risking their partner's interest.

In mapping out a relationship's trajectory, the author outlines four distinct phases, each lasting roughly ninety days. These phases include:

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1. **Honeymoon:** The initial stage where attraction flourishes, and grand gestures abound. The excitement is palpable, but the author cautions to enjoy this phase as it is often transient.
2. **Discern and Decide:** As infatuation begins to fade, clarity sets in—this phase is about evaluating if the relationship is founded on mutual compatibility or if it's time to part ways.
3. **Negotiation to Engagement:** A crucial phase where serious discussions about future commitments occur, including sharing deeper life goals and values.
4. **Engagement:** This phase is marked by deeper emotional investment and the groundwork for a future life together. It may also benefit from counseling to ensure both partners are aligned regarding expectations and boundaries.

The author introduces the "Three C's of a Relationship"—Chemistry, Compatibility, and Communication—as essential criteria to assess during this formative period. Both partners should find common ground, mutual interests, and comfortable communication styles to foster a solid relationship foundation.

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Maintaining a sense of "Space Brace," where both partners continue their individual lives and social interactions, is essential to avoid becoming overly dependent on each other. To support this concept, the author recommends not moving in together within the first ninety days and maintaining personal boundaries to recognize potential danger signs.

The chapter culminates in a candid discussion about the risks of rushing into intimacy and the intense hormonal connections that can alter perceptions of a partner. The author cautions that premature physical relationships often complicate matters, leading to emotional entanglements before a solid foundation is established. Instead, they advocate for open conversations regarding exclusivity and health status before diving into a deeper physical relationship.

In summary, "First Days of Infatuation" serves as a practical guide to navigating early romantic dynamics with self-awareness and intentionality, empowering readers to cultivate fulfilling connections while maintaining their individuality.

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## Chapter 6 Summary: STEP SIX First Days of Infatuation

### ### Step Six: First Days of Infatuation

The initial ninety days of a new relationship are a whirlwind of emotions, balancing excitement and anxiety. During this period, both partners are often infatuated, their hormones in overdrive, making it challenging to navigate the complexities of dating, such as commitment, intimacy, and emotional connection. As you experience this intoxicating blend of joy and turmoil, it is critical to assess whether your partner is worth the investment of time and energy or if it's best to part ways.

The primary aim of these first few months is to either solidify your status as a couple or to realize that he's not the right match for you. It's generally easier for women during this time, as men are expected to do most of the pursuing. However, staying attentive and responsive is crucial; neglecting your partner can lead to misinterpretations of your intentions.

Understanding the four phases of a relationship can provide clarity during this tumultuous time:

1. **Honeymoon Phase:** In this initial stage, everything feels perfect as you explore mutual attraction. Everything he does seems charming, and you

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may overlook his less desirable traits.

2. **Discern and Decide:** Once the honeymoon phase fades, the blinders come off, allowing you to evaluate both of your strengths and weaknesses realistically. This is often where relationships become vulnerable.

3. **Negotiation to Engagement:** If you've been together for six months, discussions about a future together become pivotal. This phase often leads to serious conversations about long-term commitment and possibly even engagement.

4. **Engagement:** This stage is not just about the proposal; it marks a more profound commitment requiring intentional effort to make the relationship work.

Throughout these phases, self-reflection and open communication about your needs and how you both fit into each other's lives are paramount.

### ### The Space Brace

During the first ninety days, space is crucial for a healthy relationship. Each partner should maintain their own lives, friends, and hobbies outside the romantic relationship. This concept, referred to as a "Space Brace," helps prevent obsessive behaviors, allowing you to appreciate each other more.

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Avoid constant communication; instead, focus on building a solid foundation of trust and independence.

It's crucial to avoid moving in together during this phase. Establishing separate living spaces allows for better self-assessment and helps you gauge compatibility before making significant commitments. Be on the lookout for red flags or “Danger Signs” during this period, such as excessive secrecy, impulsive behavior, or substance abuse issues, to preserve your well-being.

### ### The Big O

It's important to approach sexual intimacy with care. Rushing into physical relations can lead to emotional complications, largely because of oxytocin, the bonding hormone released during intimate moments. If you prematurely engage in sexual activities, you can unintentionally strengthen an attachment that may not be based on a solid foundation.

Discussing sexual boundaries is fundamental, including exclusivity talks to ensure both partners are on the same page regarding commitment. A clear conversation regarding health and intimacy is essential, and both partners should feel comfortable discussing past relationships, STI statuses, and boundaries before progressing to sexual activity.

### ### Beyond Sex

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Establish specific boundaries regarding intimacy and communication, and engage in frequent conversations about how the relationship progresses. Use open dialogue to address concerns or misunderstandings calmly and without accusation. Through examples of individuals like Maura and David or Cindy and Mark, strategies for navigating relationship challenges during this phase look at assertive communication and the importance of mutual respect.

### ### Step Seven: Relationship Reality Check

Congratulations! As you transition into the new phase of an established relationship, the initial giddiness gives way to a more realistic understanding of one another. You begin to experience the quirks and habits that were initially overlooked, which can sometimes lead to irritation as both partners now have a clearer picture of each other's daily realities.

During this phase, it's essential to evaluate whether you can tolerate those less-than-ideal traits and which of your own behaviors might also be annoying. While you may feel more at ease around each other, the challenge now becomes navigating the “everyday” aspects of living together.

### #### The Move-in Misstep

You may consider moving in together, but resist that urge until the

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relationship has traversed deeper commitments, like an engagement. As evidenced by stories of couples who have moved too quickly, living together before establishing a firm commitment can lead to complications and misalignments regarding future expectations. It is crucial to assert that living together should only be considered once both parties are committed to marriage and solidifying their future together.

#### #### Attitude of Gratitude

As the relationship continues to grow, actively practicing gratitude for your partner's efforts is vital. Relationships flourish when both partners focus on each other's needs rather than just their own. Foster mutual appreciation, which creates a nurturing atmosphere, allowing both partners to thrive emotionally. Keep an open dialogue regarding aspirations, relationship goals, and finances to prevent future misunderstandings.

The reality check also involves recognizing if your partner is expanding or limiting your values and lifestyle visions. Navigating these discussions with clarity ensures that both partners remain aligned in their journey together.

In conclusion, by consistently evaluating the relationship through periods and utilizing tools of communication, both partners can assess compatibility, respect boundaries, and nurture their bond towards a promising future.

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By engaging in these mindful practices, you are more likely to head toward a healthy, fulfilling partnership that ultimately leads to commitment and possibly marriage.

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# Chapter 7 Summary: STEP SEVEN Relationship Reality Check

## ### Summary of Step Seven: Relationship Reality Check

In this chapter, the excitement of the initial relationship phase gives way to a more grounded reality after about ninety days. As couples officially settle into their partnership, they become more comfortable around one another, but the quirks and habits that initially seemed charming now present challenges. The author emphasizes the importance of acceptance: consider if you can live with your partner's little annoyances, and remember that you may have habits that annoy them too. Learning to navigate these things is vital for long-term compatibility.

The chapter advises against moving in together too soon. Women are cautioned against sacrificing independence unless there is a clear commitment, such as an engagement ring and a wedding date. The story of Marcus and Shania serves as a cautionary tale about rushing into cohabitation without proper commitments, ultimately leading to heartbreak when expectations aren't met.

An “attitude of gratitude” is encouraged, where both partners express appreciation for each other's efforts. Recognizing and reinforcing the good

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your partner does for you fosters deeper emotional ties. Conversely, if the relationship doesn't feel right or you find yourself unhappy more often than joyous, it's time to reassess its viability.

If a breakup becomes necessary, the chapter outlines a dignified approach to ending things: be kind but honest, avoid burn bridges, and refrain from text message breakups. Women are encouraged to focus on their own empowerment post-breakup, acknowledging that clarity can emerge from moving on. If the relationship ends, a recommitment to the dating world and finding a better-suited partner should be prioritized.

The chapter concludes by addressing the importance of commitment, suggesting that one should cut ties with the relationship while letting go of emotional baggage. This empowers you to seek out a partner that aligns better with your goal of eventual marriage.

### ### Summary of Step Eight: Negotiating the Ring

As the relationship reaches the nine-month to one-year mark, it becomes crucial for the couple to evaluate their future together. If marriage is a priority, discussing this openly becomes necessary; failing to have this conversation results in wasted time and emotional energy. The author underscores the importance of being direct but also strategic when broaching the topic of marriage.

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Various fears may prevent men from proposing, such as complacency in the relationship, financial concerns, family disapproval, or past traumas. The chapter delves into these fears and offers solutions, suggesting tactics that can let men realize they need to step it up without pressure or ultimatums from their partners.

The "Me-a-matum," a clever negotiation tactic, encourages women to present their desire for marriage in a positive light while making it clear that they are not willing to remain indefinitely without clear signs of commitment. The response can vary: a man might affirm his commitment, need more time, or indicate he does not see marriage in their future.

If he expresses uncertainty, the author recommends gently applying pressure through a strategic "takeaway" approach, illuminating that if marriage isn't in the cards, it might be time to part ways. The chapter culminates with advice on how to frame discussions around prenuptial agreements, emphasizing that they can be beneficial for both partners and provide legal clarity in a marriage.

Understanding financial implications and negotiating terms can protect both partners and foster confidence in their relationship. Overall, using these negotiation strategies will guide a woman toward securing a healthy and committed partnership, ideally leading to marriage.

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## Critical Thinking

**Key Point:** Importance of Acceptance in Relationships

**Critical Interpretation:** Embracing the quirks and habits of your partner is essential for a lasting relationship. As you journey through love, it's natural for initial charm to fade, giving way to the reality of living together harmoniously. By fostering acceptance of each other's imperfections, you create a nurturing environment that can transform challenges into opportunities for growth. This embrace of flaws invites you to reflect on your own quirks and inspires you to engage with your partner in a way that deepens your emotional bond, making love not just about the thrill, but about building a resilient partnership capable of weathering life's storms.

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# Chapter 8: STEP EIGHT Negotiating the Ring

## Step Eight: Negotiating the Ring

You've been in a relationship for nine months to a year - a crucial time to evaluate whether it's headed towards a lifelong commitment. If major topics like marriage haven't been discussed by now, chances are you're wasting valuable time. It's important to address where your relationship is heading. If you're seeking marriage while he remains hesitant, it's time to reassess.

Some may prefer a non-marriage situation where both partners are aligned in their desires. In that case, there's no need for urgency. However, if marriage is your goal, it's necessary to strategize your approach. Be candid—if you're feeling doubt or resentment about his commitment after this duration, you risk becoming a "romantic slave" rather than his partner.

### Identifying His Fears

Before you discuss marriage, consider why he might be hesitant. Understand that he could be struggling with fears about the institution of marriage. Here are some common reasons men may be reluctant:

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1. **Complacency:** He might feel that everything is perfect as it is, and if he's comfortable, he may not see a need to take the next step. If you've been doing a lot for him and he feels no urgency to change the current arrangement, you need to show him that life without you could be lonely.
2. **Financial Concerns:** He may feel unprepared financially for marriage, thinking he can't afford the ring or a wedding. Help him understand that a simple ceremony can fulfill your wish for commitment; emphasize that it's about your relationship, not the material aspects.
3. **Family Disapproval:** If either of your families disapproves of the relationship, it could complicate his willingness to propose. Assess how important family approval is to both of you.
4. **Perfectionism:** If he's waiting for you to become his ideal partner or for his life to be perfect before proposing, this could signal trouble.
5. **Past Experiences:** Previous bad relationships or a history of divorce can create a fear of commitment.
6. **Peter Pan Syndrome:** A man who refuses to grow up or take on responsibility may never be ready for marriage.

If after examining these factors you still see potential, it's time to use

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strategic negotiation tactics to encourage him to propose.

## **The Me-a-matum Strategy**

The Me-a-matum concept is about expressing your wants without making demands that could put him on the defensive. Here are key steps to facilitate an effective conversation:

- 1. Choose the Right Moment:** Find a relaxed time for both of you without distractions. Avoid approaching him with "We need to talk," which tends to induce anxiety.
- 2. Start with Positivity:** Compliment him and reminisce about the positive aspects of your relationship. Building him up will make him more receptive.
- 3. Express Your Intentions** Let him know you're happy in the relationship but want to discuss the possibility of marriage in a warm tone. Clarify that while you don't want to force him into a decision, you cannot stay in an ambiguous situation indefinitely.

The way he responds will indicate the next steps:

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1. **Positive Reaction:** If he affirms interest in a future with you but needs time, assure him that you'll give him space but express a need for clarity within a reasonable timeframe.

2. **Need for More Time:** If he is unsure, ask how much time he needs. If he suggests a long duration, be ready to assert that you need to evaluate your options.

3. **Negative Reaction:** If he feels he cannot commit, thank him for his honesty and move on. It's vital to avoid pleading or trying to convince him otherwise, as that will likely undermine your value.

## **The Prenup: A Practical Protection**

If he proposes, discuss the importance of a prenuptial agreement. While it may seem unromantic, it protects both partners' interests. A prenup specifies asset ownership, which is crucial in cases of divorce or death. It's an opportunity to have serious conversations about finances, responsibilities, and future plans with transparency. Particularly if either party has significant assets or debts, a prenup is wise.

## **Conclusion: Manifest Your Future**

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With these tools and mindset strategies, you're equipped to attract your ideal partner. Have faith in the process. Don't let negativity from others shape your self-esteem; you are enough. As demonstrated by Paulina's story of manifesting her fiancé by "acting as if" she was engaged, believing in your path can lead you to your dream life. Embrace the journey, knowing your ideal match could be closer than you think.

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## Chapter 9 Summary: Conclusion

### Conclusion

With all my secrets unveiled, it's time for you to embrace the journey toward your own "happily ever after." Even if true love hasn't yet crossed your path, I encourage you to immerse yourself in the world of weddings—purchase a bridal magazine or explore websites like [theknot.com](http://theknot.com) for inspiration. To illustrate the power of belief and intention, let me share a success story about my friend Paulina.

Paulina found herself exhausted from the relentless round of weddings she attended; six events in six months, none with her as a central role, made her feel overlooked, especially when asked by family about her own wedding plans. One fateful day, while enjoying her favorite ice cream, Chunky Monkey, she stumbled upon a book on metaphysics that discussed the concept of manifestation. Intrigued, Paulina decided to adopt the idea of “acting as if,” where one behaves as if their dreams have already come true.

She slipped her grandmother's diamond engagement ring onto her finger and boldly ventured into a local Saks Fifth Avenue bridal department to try on elegant wedding gowns. The attentive staff showered her with admiration as she modeled stunning designs by famous designers. Captivated by her

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reflection, she felt like a radiant bride. Overwhelmed with joy, she kept a snapshot of herself in the Badgley Mischka dress close to her heart, feeling fulfilled in this exercise of imagination.

Remarkably, just two weeks later, while basking in the emotional high of her bridal fantasy, Paulina met Carter at a networking event. He was charismatic and immediately took interest in her. Their chemistry blossomed, and within six months, they were engaged, turning her dream of marriage into reality. Today, they enjoy a loving family, complete with children, pets, and a vibrant life together.

This tale illustrates the incredible harnessing of the mind, body, and spirit to manifest desires. Your perfect companion is likely on his journey toward you as we speak. Remember, you possess the innate ability to attract Mr. Right at any moment. Don't heed the voices of those who undermine your worth; you are more than enough. I've shared tools to navigate the intricate world of relationships—from clearing your path to inviting love into your life to nurturing the bond once it's formed. Use this wisdom wisely, and may you surpass the lessons I've offered. Here's to your very own happily ever after!

## **Acknowledgments**

Success is rarely a solo endeavor; it flourishes within the support of a loving

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community. I owe a profound debt of gratitude to my family. To my patient boyfriend, your unwavering love and support have been invaluable. To Nana, my grandmother, who instilled in me the belief that every person has their perfect match. To my mother, Rhoda, who always reminded me that men are abundant—and there's always another in the wings. To my grandparents, Poppy and Mel, who reassured me that good men certainly exist.

I am thankful for my sister Tracey and her family, who embody the true essence of happy endings. My aunt Arlene taught me the significance of financial independence, while my uncle Robert shared wisdom on loving across age gaps. To my dear friend and co-writer, Lisa, your partnership was crucial in bringing this book to life and proving that love can bloom at any age.

My spiritual mentor, Dr. Louise Leguina, continues to inspire me from beyond, teaching me the importance of balance in relationships. I acknowledge my hardworking team—Chelsea, Destin, Rachel, Allen, Kenzie, and Danielle—whose efforts make my journey possible, and Rick Brull, my steadfast attorney. Gratitude extends to my agent, Eileen Cope, whose fierce representation has driven this project forward, and to the Bravo Network for believing in me.

I appreciate the insightful community of women who continue to inspire

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me—leaders like Oprah Winfrey, Rhonda Byrne, and J.K. Rowling—who have shown that dreams can be attained through perseverance. May we continue to foster a world where remarkable women flourish.

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## Critical Thinking

**Key Point:** Embrace the Concept of 'Acting As If'

**Critical Interpretation:** Imagine yourself already enveloped in your dream life, radiating the energy of someone who has achieved their desires. By embodying this mindset, like Paulina who slipped on her grandmother's ring and tried on bridal gowns, you not only elevate your self-worth but also change how the world perceives you. This powerful perspective cultivates confidence and magnetism, drawing your true love closer. When you engage with your aspirations as if they are your current reality, you create an undeniable force that aligns your life with your deepest longings, inspiring you to take bold steps towards your own happily ever after.

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